

HALIFAX

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NEWS
WORTH
SHARING.
**Beware of those bogus bills**

Police warn fake American \$50 currency has been circulating around Halifax

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Get off your duff and get punching

Shake up your tired old cardio routine with a full-body boxing workout

PAGE 15

DON'T MAKE ME TURN THIS PLANE AROUND

METRO ANALYZES 20 YEARS OF DATA ON DISRUPTIVE AIRLINE PASSENGERS IN CANADA

PAGE 8

**SURVEYING THE WRECKAGE**

Firefighters check for hot spots Monday morning at 5426 Portland Place. The commercial structure was destroyed Sunday in a massive blaze that has left several business owners with nothing. Story, page 5. JEFF HARPER/METRO

**Be wowed!**

Look at our 11th, 14th and 16th holes! The Links at Brunello is on schedule to open June 2015. Choose a golf-inspired lifestyle, 15 minutes from downtown. Active listings online! Exit # 3 off the 103 Garden Suite Condos Open House – Sunday 2 to 4pm

A reason to listen to radio again

**Barely staying the course**

Finance. Mid-budget adjustment to reduce spending by about \$30M

Quoted

"They overspent and we're hearing about a bit of a shell game to move some numbers around."

Tim Houston of the Progressive Conservatives

ments were not able to meet the one per cent cut included in April's budget, which was supposed to produce \$28 million in savings.

Whalen is forecasting a deficit of \$274.5 million for the 2014-15 budget year in her latest fiscal update, which is \$4.5 million less than projected in the budget in April.

But Whalen said Monday that to keep the Liberal government's fiscal plan on course, she had to make a mid-budget adjustment that would reduce spending by about \$30 million. The changes cut department spending by one per cent and reduce civil-service hiring over the rest of the 2014-15 fiscal year.

Whalen said the move was needed after it became clear government depart-

"There were reductions made but then there was a recognition of costs that hadn't been properly budgeted," said Whalen. "It was a more cumbersome process and this time we're simply going to give them one per cent less."

Whalen wouldn't tip her hand, but she warned again that maintaining revenues will be challenging and as a result some "big choices" will have to be made, beginning with next spring's budget.

"There have to be some serious cuts and changes," she said. THE CANADIAN PRESS



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FIVE THINGS YOU NEED TO KNOW TODAY

1

VIGIL FOR MISSING WOMAN

A vigil for Catherine Miller is taking place at 7 p.m. Tuesday at the southside boardwalk of the Alderney Landing ferry terminal in Dartmouth. The Dartmouth woman hasn't been seen or heard from since July 15.

2

STATE OF THE NEPTUNE

Neptune Theatre is holding its annual general meeting Tuesday between 11:30 a.m. and 1 p.m. at the Scotiabank Studio Theatre. Everyone is welcome to attend the meeting that gives a synopsis of how Halifax's largest theatre is doing.

3

DUFFY SAGA IN THE COURTHOUSE

Let the Duffy drama begin. The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4

MMM, MAPLE-FLAVOURED LITERATURE

Love quirky Canlit? Newly launched website alllitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5

THE FORCE IS STRONG

Obi-Wan Kenobi is rumored to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX. Han Solo and Boba Fett were previously announced.

Show me the (real) money

Counterfeit currency found around the city.

Halifax police issue warning about fake American \$50 bills



HALEY RYAN

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Hundreds of fake American \$50 bills have been popping up around Halifax, and police are urging local business owners to learn the "telltale" signs of copycat cash.

Police have received 15 reports of the fake American money since last Wednesday, Halifax Regional Police spokesman Const. Pierre Bourdages said Monday.

Counterfeit bills have been found in grocery stores, gas stations, big-box stores and shopping malls in regions across Halifax, Spryfield and Dartmouth, resulting in losses of thousands of dollars of merchandise, Bourdages said.

"It's not something that happens very often but in



Halifax Regional Police Const. Pierre Bourdages holds up a counterfeit \$50 American bill on Monday. JEFF HARPER/METRO

this case a large amount of \$50 bills has been flooding through the city," Bourdages said.

"We do believe they're all related."

Bourdages said most of the counterfeits were used during large purchases at

the stores.

Canadian currency is becoming harder to counterfeit due to new holographic features, Bourdages said, so American currency is easier to fake in Canada where citizens aren't as familiar with what those bills should look

and feel like.

One thing to check for is if the bill has a different texture on the numbers, since the fake \$50s are all smooth paper.

Bourdages also said the edges of the fakes might look jagged, or be cut wider

Let the light in

Tips for spotting a counterfeit American \$50:

- Hold the bill up to a light.
- The face of President Ulysses S. Grant should appear on a watermark on the right side of the bill.
- "U.S. 50" should appear in a line of text from top to bottom through the middle of the bill.

on one end than the other.

"Those should all be telltale (signs) these bills may be fake," he said.

When in doubt, Bourdages said shop owners can refuse to take any money they believe could be fake, or call police to get the cash examined.

"We're only asking businesses to educate themselves on what to look for in bills, to make sure they don't become victim to these fraudsters."

1 NEWS



My mom taught me...

it's better to be kind than to be right, a girl can be anything she wants to be, it costs nothing to give someone a helping hand, and to always choose Baxter.

Baxter
We're Family

Soda stance. Pharmacist gets kudos from Heart and Stroke Foundation

The Heart and Stroke Foundation is declaring its support for a pharmacist in Nova Scotia who is no longer selling soft drinks or other sugary beverages in his store, saying as a health professional he can't condone the sale of one of the top contributing substances to child obesity.

Graham MacKenzie announced the change last Thursday, saying it's time for him and his team at Stone's Pharmasave in Baddeck to back up the advice they give clients in one-on-one consultations.

"We were telling people, 'Stay away completely from pop and stay away from juice,'" he told Metro on Sept. 11. "In all good conscience, we could not be having people walk by these things as they're walking out the door."

On Monday, the Heart and Stroke Foundation issued a release saying they applaud his decision, and were happy to see the support he has received from Nova Scotia's Chief Public Health Officer Dr. Robert Strang.

"Mr. MacKenzie's healthy



The Heart and Stroke Foundation says a can of pop has 10 teaspoons of added sugar. GETTY IMAGES

new 'sugar-free' policy is a beautiful example of the important role that business owners can play to help Canadians reduce their intake of added sugar and make healthy choices," a statement from Charlotte Comrie, CEO, Nova Scotia and P.E.I. for the Heart and Stroke Foundation, reads.

The Heart and Stroke Foundation released new guidelines this month that recommended people reduce their consumption of added sugar to no more than 10 per cent of their total daily calories, which equals out to about 12 teaspoons. **METRO**

Offensive. Man charged in south-end graffiti case

Police say they have made an arrest involving a case of offensive graffiti in south-end Halifax.

On Aug. 31, police say a number of locations were sprayed with graffiti, including a church, two buildings, a stop sign, several sidewalks and a police vehicle.

Police say the graffiti included some offensive messa-

ges that were sprayed in blue, purple and yellow paint.

On Monday, police say they arrested a 19-year-old Halifax man without incident in Clayton Park.

The young man has been released from custody and will appear in court at a later date to face five counts of mischief. Police say they expect more arrests to be made. **METRO**

Bleeding from the head

Injured man found on roadway

Police are investigating after a man was found unconscious and bleeding from the head on a Nova Scotia road.

RCMP in Enfield were tipped off about a man lying on Highway 215 in South Maitland around 3:15 p.m. Saturday. Police say the man was a passenger in a vehicle before an incident took place.

The victim, a 48-year-old from South Maitland, was airlifted in critical condition to hospital. Police are now trying to determine what led to the assault. **METRO**

'Driving erratically'

Motorcyclist hits three cars

An 18-year-old motorcyclist is facing charges after an alleged hit and run on Herring Cove Road.

Halifax Regional Police say they received several reports of a motorcyclist "driving erratically" on Herring Cove Road Sunday, and officers spotted the same man around 9:30 a.m. Monday on Old Sambro Road.

Police say the motorcyclist then collided with three cars at the intersection of Herring Cove Road and St. Michaels Avenue, then fled, but was arrested soon after on Williams Lake Road. **METRO**



So long, Halifax Metro Centre ...

Workers install new signage on the recently minted Scotiabank Centre on Monday. In June, it was revealed that Scotiabank was the Metro Centre's new title sponsor, meaning the facility will be known as the Scotiabank Centre — instead of Halifax Metro Centre — once the deal is finalized. A press conference is set for Friday for the official ribbon cutting. **JEFF HARPER/METRO**

Committee wants you to get mapping

Wheelmap. App a valuable tool for finding accessible locations, says committee member



RUTH DAVENPORT
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HRM's accessibility advisory committee wants the city and residents to check out a free app that maps and rates local restaurants, shopping malls and other public places for wheelchair accessibility — and start making a contribution.

Committee member and wheelchair user Laughie Rutt gave an overview of Wheelmap.org to the committee Monday, saying it's been an invaluable tool for finding everything from accessible restaurants to bus stops.

"The information comes from this open text data that any one of us can post up

there," he said, explaining that any location can be rated as "accessible," "limited accessibility" or "not accessible."

Users can even map physical structures like telephone poles, or construction sites that might block a previously accessible sidewalk.

Although Rutt made the presentation for information's sake, committee members said the app could be so valuable that the city should get on board by sharing data about its own properties, including everything from service centres to sports fields.

Coun. Steve Craig made a motion to send the idea to the transportation standing committee to determine how HRM could contribute its open source data to Wheelmap or a similar app.

"It's not anyone else other than a GIS person saying put our stuff on the map," said Coun. Jennifer Watts. "It sounds like we ... provide some leadership around accessibility issues by actually populating a tool that's there

now."

Rutt said the site's relevance depends heavily on members of the public knowing about it and using it to share information.

"It's a great way for us to

Committee notes

New sidewalk café bylaw

Municipal staffers gave a brief presentation to the accessibility advisory committee Monday about elements of the new sidewalk café bylaw that pertain to accessibility — but a few other key details were revealed as well.

Manager of municipal compliance Jim Donovan said sidewalk cafés, better known as seasonal patios, will have to comply with Canadian standards around

be involved in ... both sides of community engagement," he said. "Our citizens would have to participate to get the information up there, just as well as us letting them know it's out there."

accessibility of a building and the built environment.

He said the patios will have to be inspected before a licence is issued, and there is provision for allowing year-round patios.

Steve Sheffield of government relations and external affairs told the committee that the licensing fee changes from a per-square footage fee to a flat fee of \$800, and a insurance coverage must increase from \$2 million to \$5 million for any establishment serving alcohol.

The bylaw is expected to come to regional council on Sept. 23. **METRO**

Picking up the pieces following blaze that destroyed businesses

Fire. Shop owners, neighbours visit Halifax site

 **HALEY RYAN**
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Mike Carpenter stood looking at the charred remains of the building where his printing shop had been the day before, as fire crews brought in a hose to spray any lingering hot spots.

On Monday morning, Carpenter stopped by 5426 Portland Place off Gottingen Street in Halifax to see the extent of the damage after a fire destroyed the commercial space that had been home to multiple businesses including Gottingen Street Furniture, Ravensberg College, National Art Limited, and the RCR Hos-



An investigator looks over the remains of a commercial structure on Portland Place on Monday. A massive fire on Sunday destroyed the complex. JEFF HARPER/METRO

pitality Group.

"Just surprised," said Carpenter, owner of Mike's Print House, which was located on

the front left side of the building.

"I feel like I'm homeless, but (I'm really) workless. It's

almost the same, but different," he said.

Carpenter said he had been there for seven years,

tee, David Ballum-Haftka, as he walked by the scene of the fire Monday morning.

"That's awesome they saved our houses."

He said some homes had minor damage like skylights or windows broken, and his patio needs some cleaning, but they were "very lucky" overall.

Pat Kline, division commander for Halifax fire, said firefighters had to water down a few minor flare-ups on Monday that had been trapped beneath debris, and investigators began assessing the damage to "possibly" determine a cause.

With the building mostly destroyed, Kline said it could be a "long time" before investigators rule whether the fire was suspicious.

He said they are also looking through surveillance footage from the neighbouring Staples, and other sources.

Man pleads not guilty in case of animal cruelty

A man charged with animal cruelty in a case that saw a cat die in July will have his day in court.

Stephen Gregory Tynes entered a not guilty plea in court on Monday to a charge of animal cruelty.

He was charged after witnesses told police they saw a man coax a cat off a doorstep in Truro in the early morning hours of July 12 before picking it up by its hind legs, swinging it above his head and then down into the ground. His trial is scheduled for Dec. 11.

Tynes, 29, originally



Stephen Gregory Tynes
TRURO DAILY NEWS

from Truro but who now lives in Halifax, had his law-

yer, Stan MacDonald, enter a not guilty plea to the charge of causing unnecessary suffering to the animal on his behalf in provincial court Monday afternoon.

During his court appearance, Tynes was surrounded by family members, while another group — some of whom were protesting outside the courthouse last month during his appearance — also watched the proceedings.

Tynes' trial is set for at least half a day, beginning at 9:30 a.m. on Dec. 11.

TRURO DAILY NEWS

Electoral boundaries

N.S. Acadian group restarts legal action

The Acadian Federation of Nova Scotia is restarting its legal action against the provincial government in an effort to overturn electoral boundary changes it says will reduce francophone representation in

the legislature.

The federation wanted the province to refer the legislation passed in December 2012 directly to the Nova Scotia Court of Appeal as a constitutional issue.

The group says it has been waiting for a mutually agreed legal question to be sent to the appeal court for eight months, but the government hasn't acted.

Ghislain Boudreau,

the federation's acting president, says it is left with no choice but to restart the legal action, which had been on hold, through the regular court process. The legal case challenges the merger of three ridings — previously known as Clare, Argyle and Richmond — that were intended to represent Acadian populations with other ridings.

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Leaders kick off year-long campaign season with pitches to middle class

October 2015 election.

Political manoeuvring comes as Parliament resumed on Monday

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of \$15 per hour, which would be phased in over a five-year period.

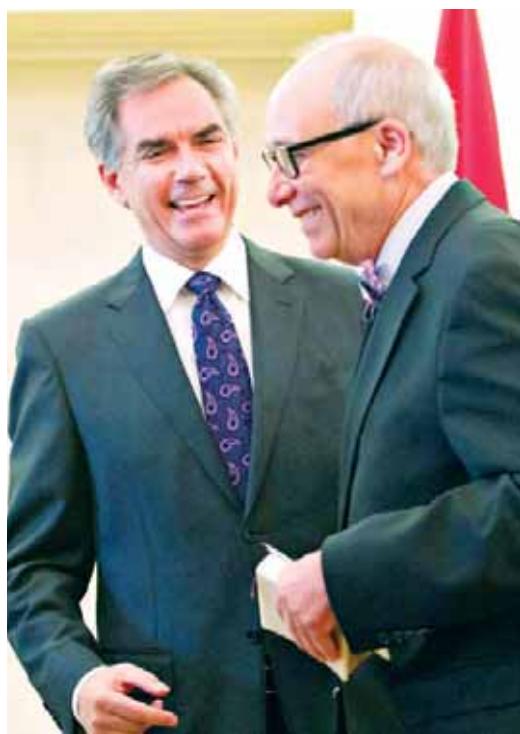
Trudeau said the Liberals will likely support the idea but Harper rejected it, arguing that minimum wage rates are largely regulated by the provinces.

THE CANADIAN PRESS



Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS



Alberta begins Prentice-ship

Jim Prentice has a laugh on Monday in Edmonton with newly appointed health minister and former Edmonton mayor Stephen Mandel. Prentice was sworn in as Alberta's 16th Premier. JASON FRANSON/THE CANADIAN PRESS

Goal scored. Transgender hockey players can choose their own dressing rooms

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender.

For Thompson, an avid hockey player now in Grade 12, the issue became acute about four or five years ago when he hit puberty.

Thompson's mother, Ailsa Thompson, said it was "very upsetting" when a coach booted her son from the boys' dressing room on the basis that "she's a girl."

THE CANADIAN PRESS

Auschwitz. Former guard charged as accessory to 300,000 murders

A 93-year-old man has been charged with 300,000 counts of accessory to murder for serving as an SS guard at the Nazis' Auschwitz death camp, prosecutors said Monday.

Oskar Groening is accused of helping operate the death camp in occupied Poland between May and June 1944, when some 425,000 Jews from Hungary were brought there, and at least 300,000 almost immediately gassed to death.

In his job dealing with be-

Lotto Max

Ice cream run sweetened by about \$50 million

Eating your fiance's last ice-cream bar may not be a smart thing to do, but the craving certainly paid off for an Orillia, Ont., woman.

A trip to the local store to "replace" the treat — and

longings stolen from camp victims, prosecutors said among other tasks, he was charged with helping collect and tally money that was found.

"He helped the Nazi regime benefit economically, and supported the systematic killings," state prosecutors in the city of Hannover said in a statement.

Groening has openly talked about his time as a guard and said while he witnessed atrocities, he didn't commit any crimes. THE ASSOCIATED PRESS

also to purchase a Lotto Max ticket there — has made the newly engaged couple Ontario's latest multimillionaires.

Thirty-year-old Deanna Bergeron and her fiancé, Jeff Bourret, 32, collected their \$50-million cheque today.

They say they're still "trying to process" the win, but the first thing on their mind is a vacation.

THE CANADIAN PRESS



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September 11-18, 12:00pm-12:00am

Located in the epicenter of the Atlantic Film Festival at the Lord Nelson Hotel is the Super Channel Festival Lounge. Visitors seeking a place to savor a delightful cocktail, relish in some appetizing eats or mingle with fellow associates and jetsetters, will call this 2,000-square-foot retreat their home. Large HDTV's with premium programming, plush leather couches and mobile phone/computer charging stations are just a few of the modern amenities within the charming comforts of the lounge. The Super Channel Festival Lounge is open all week to passholders and general public alike — drop-in for a Super time.

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Tuesday, September 16, 7:45pm

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PARK LANE THEATRE 2																										
PARK LANE THEATRE 4	I Am Big Bird <small>Runtime: 90 minutes</small>								Beyond Clueless <small>Runtime: 89 minutes</small>	4:45PM	Page 70															
PARK LANE THEATRE 5	ViewFinders Shorts <small>Runtime: 10 minutes</small>								This Is Where I Leave You <small>Runtime: 103 minutes</small>	6:30PM	Page 65															
PARK LANE THEATRE 7	Midnight Sun <small>Runtime: 94 minutes</small>								Shorts 2 <small>Runtime: 17 minutes</small>	6:45PM	Page 75															
PARK LANE THEATRE 8									Atlantic Shorts 4 (Emcree Screening) <small>Runtime: 85 minutes</small>	4:30PM	Page 41															
									Coming Home (Gui Lai) <small>Runtime: 109 minutes</small>	7:10PM	Page 62															
									Foxcatcher <small>Runtime: 105 minutes</small>	7:00PM	Page 23															
									Clouds of Sils Maria <small>Runtime: 128 minutes</small>	10:00PM	Page 62															
									Infinitely Polar Bear <small>Runtime: 10 minutes</small>	9:45PM	Page 24															

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Flying off the handle

How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE
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25%

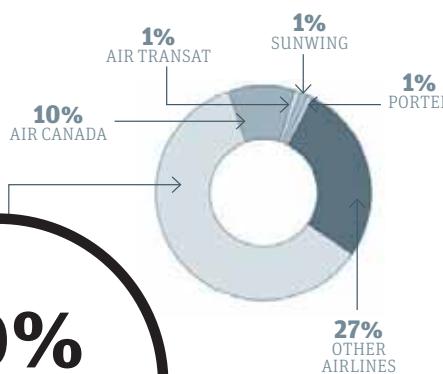
Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.

60%

Sixty per cent of the reported incidents occurred on WestJet flights.



ISTOCK PHOTO



- On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.



- On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "passing out."



- On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.



- Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- WJA426 from Edmonton to Toronto appears in the list nine times.
- WestJet flights from Fort McMurray, Alta., to Edmonton appear four times.
- WestJet flights from Nassau, Bahamas, to Toronto appear four times.



0.06%

To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

Planes, pains and utter ordeals



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Tuesday, September 16, 2014

BUSINESS

09

SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with women in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

The drivers wear pink scarves to be easily identified. "Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- App's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card. The city's human rights commissioner, Patricia Gating, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious com-

munities, like among some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres.

"It's sometimes a little difficult to keep up with the demands," said Richard Tinell, assistant administrator at Brooklyn Radio Dispatch, which has about 10 women driving. "We lose a lot of calls because we don't have enough."

Mateo also hopes the app will spur more women to join the profession. "We're not looking to take over the industry, we're just looking to raise the number," Mateo said.

Dimorah Decruz, 64, of East Meadow on Long Island, said the app made her decide to get back to driving after stopping about a year ago. She said she had some safety concerns and was almost robbed by a man once. She said focusing on women passengers makes her more comfortable. "I like the idea," she said. "It feels safe."

THE ASSOCIATED PRESS

iPhones hit record orders

Apple had more than four million advance orders of its new, larger iPhones in the first 24 hours, exceeding its initial supply, the company said Monday. The iPhone 6 and iPhone 6 Plus will be delivered to customers starting Friday and throughout September, but many won't be delivered until October, Apple said. Phones will still be available Friday on a walk-in basis at Apple retail stores and from various wireless carriers and authorized Apple resellers.

Apple's website had intermittent outages last Friday be-



Apple CEO Tim Cook MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

cause of heavy traffic as orders began online. The company said the 4 million orders set a

new 24-hour record, beating the 2 million orders in 2012.

THE ASSOCIATED PRESS

WestJet Airlines

Destination: More fees

WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag, on flights within Canada and to the United States.

The new fee, ranging between \$25 and \$29.50 depending on provincial taxes, will apply to all new bookings starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29.

THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth \$2.5B?

Microsoft's decision to spend \$2.5 billion US on the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones.

"We believe ... the ubiquitous Minecraft game strategically makes sense as Microsoft looks for ways to drive users toward its nascent mobile hardware business," FBR Capital Markets analyst Daniel Ives said. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.50¢ (+0.36¢)

TSX
15,482.56 (-49.02)

OIL
\$92.92 US (+0.65¢)

GOLD
1,235.10 US (+\$3.50)

Natural gas: \$3.93 US (\$0.09)
Dow Jones: 17,031.14 (+43.63)



Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. TASOS KATOPODIS/GETTY IMAGES FOR HEINEKEN

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THE HEIGHT OF DISCRIMINATION

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."



SHE SAYS
Jessica Napier
metronews.ca

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book *Blink*, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

MetroTube

Window into the wasp lifestyle



ANDREW FIFIELD
andrew.fifield@metronews.ca

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/Youtube)



GETTY FILE

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!



@Danomite36: Halloween Candy?



First Filipino Humboldt penguin



A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.
THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be over-fishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Life and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



DVD review



The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit *Seducing Dr. Lewis*, but there's no stealth about *The Grand Seduction*'s real desire. Director Don McKellar (*Last Night*) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency.

PETER HOWELL

The Fault in Our Stars

Director. Josh Boone

Stars. Shailene Woodley, Ansel Elgort

The Fault in Our Stars is adapted from John Green's bestselling young adult novel about teens finding love in the time of cancer, and no hanky box will be left unplundered. The heartless and cynical need not apply. Shailene Woodley's self-referential Hazel is a whip-smart 16-year-old who has managed to hold lung cancer at bay thanks to an experimental drug. She meets the slightly strange but impossibly cute Gus (Ansel Elgort), a basketball star who lost a leg to cancer. Everything turns completely to treacle, replete with heart-tugging visuals and a soundtrack of insipid pop that might have been written and sung by a basketful of angels and bunny rabbits.

PETER HOWELL

From the marines to making movie magic



From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in *This Is Where I Leave You*, which opens Friday. CONTRIBUTED

Adam Driver. This *Is Where I Leave You* star's experience in the military allowed him to better relate to his latest film role



RICHARD CROUSE

scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the *This Is Where I Leave You* star.

An injury during a training

exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them."

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of Girls,

worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His *This Is Where I Leave You* co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including Hungry Hearts, a film that won him

the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called Star Wars Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character.

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa.

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

'Those young ones are spoiled.' Fonda reminisces on how PR used to be done

Jane Fonda was in Toronto last week at TIFF to promote her new film, the family dramedy *This Is Where I Leave You*.

She spent a couple of days walking down the red carpet, but not doing something she loves — going to the gym.

"If I had my choice I certainly would," she says. "I walked past it and I sort of salivated, but it's back to back to back. There's no time. I sleep eight or nine hours a night and I don't have time between the interviews and sleep."

The Oscar-winning star of *On Golden Pond*, *Klute* and *Coming Home* is no stranger

to the press circuit, but she says times have changed.

"Honey, back in the day, let me tell you what it was like,"

she says. "You would get on a plane alone — forget the hair and makeup and PR person — and fly to Des Moines and Kansas City and Denver and you'd cut ribbons inaugurating an orphanage, do the Police Gazette Parade, the Dick Clark Dance. You did radio. You had to go to them and had to do the weirdest things. It was hard. This seems easy. Those young ones are spoiled. They don't know what it used to be like."

When I ask if answering the

same press junket questions over and over ever wears her down she says, "I'm an actor! It's why I get the small bucks."

In the film, she plays a bestselling author of self-help books and the mother of a dysfunctional family that gathers for the father's funeral. She's an outrageous character, the kind of person who wonders whether she should tip the coroner.

"I read the script, it was laugh-out-loud funny and this woman was fabulous," she says. "I totally identify with her. I have no borders, porous boundaries. I share way too much."

RICHARD CROUSE/METRO



Jane Fonda stars in *This Is Where I Leave You*. THE CANADIAN PRESS

2
SCENE



Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento,

the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.

Football's most famous hopes voters in Scotland say 'No' to independence



David Beckham

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football

captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

Beckham played for Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Martha doesn't hold back heat when grilled about Gwyneth



NED EHRBAR

Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

Lily Domestic Short Hair

Two-year-old Lily has a sweet round face and a curious, friendly personality. She is lively and energetic, and although she isn't comfortable being picked up, she is happy to be close - practically walking on your arms and shoulders. Her golden eyes express delight when a visitor arrives. Guessing by how much Lily loves being petted, it is likely she would love to be indulged with regular brushing sessions. Lily is a healthy, happy cat who requires dental food to reduce tartar build up. Please visit this darling girl today.



For more information on **Lily** and other adoptable furry friends, visit www.pas.spca.ns.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spca.ns.ca

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Mama said knock this cardio out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA SZYDLO
life@metronews.ca

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work out four days a week, two of those days can be de-



Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

voted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on Degrassi: The Next Generation, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer," she says of the addition to her workout,

which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the obvious stress relief and aggression release that

comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beating your

best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

TOP SIX @ 6

Weeknights at 6 Kat counts down the HOTTEST songs of the day

6	Shawn Mendes <i>Life of the Party</i>
5	Jessie J, Ariana Grande and Nicki Minaj <i>Bang Bang</i>
4	Charlie XCX <i>Boom Clap</i>
3	Iggy Azalea ft. Rita Ora <i>Black Widow</i>
2	Katy Perry <i>This is How We Do</i>
1	Taylor Swift <i>Shake It Off</i>

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A photograph of a pair of tortoiseshell-framed glasses with clear lenses. The frames are dark brown with a marbled pattern. The glasses are positioned centrally against a white background.

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Nutrients in milk support healthy living

Consuming milk may help maintain a healthy weight and may prevent Type 2 diabetes

Milk products are one of the most under-consumed food groups. In fact, two-thirds of adults aren't consuming enough. This is very concerning considering the fact that when part of a healthy lifestyle, milk products provide such a wide range of health benefits attributable in part to milk's unique blend of 16 essential nutrients. Milk provides not only an excellent source of calcium and vitamin D, but is also a source of high-quality protein, and several vitamins and minerals such as potassium, magnesium, vitamin A, vitamin B12, and zinc.

HEALTHY WEIGHT

Two-thirds of Canadians are overweight or obese, which puts them at a higher risk of developing several chronic diseases. Stud-

SNACK ON CHEESE OR GREEK-STYLE YOGURT

Milk products make the best snacks. Try pairing a glass of milk, a few slices of cheese, or a half-cup of Greek-style yogurt, with fruits such as an apple, grapes, a banana, or some berries to make a delicious and filling snack that will keep you satisfied for hours.

ies have shown that, along with a healthy lifestyle, a diet high in milk products and calcium helps to achieve and maintain a healthy weight.

Interestingly, milk products seem to be more effective than calcium alone, suggesting that there are other components in milk that may also play a role.

The protein, calcium, and vitamin D found in milk seem to help people burn fat and maintain muscle mass. Furthermore, protein is more sustaining and provides a sense of fullness after meals and snacks that lasts longer.



SHUTTERSTOCK

TYPE 2 DIABETES

Evidence consistently shows that milk products may play a role in preventing Type 2 diabetes. Because this is such an emerging area of research, the connection is still not well understood, however, it seems that there are many factors at play.

Milk's low glycemic index, which helps to stabilize blood sugar levels, combined with its calcium and vitamin D — both of which play a role in combating insulin resistance and inflammation — may explain its important role in preventing Type 2 diabetes.

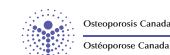


“Drink your **milk**, Mom!”

You getting enough every day matters. Because milk isn't just an excellent source of calcium to help maintain strong bones throughout life. It contains 16 essential nutrients, including vitamin D and protein, that provide many other health benefits. Too bad two out of three adults just don't get enough milk products every day. Do you?

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Buck pasta tradition with zoodles

Health Solutions

Any day is a good day for zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't over-cook zucchini and keep an eye



on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

- Zucchini + basil + Parmesan
- Zucchini + red peppers + eggplant + onions + tomatoes
- Zucchini + olive oil + salt + pepper + oregano

• Zucchini + feta + lemon + olive oil **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCE-MADESIMPLE.CA**

Zucchini Zoodles with Pesto and Shrimp

This pasta alternative is simple to make

THERESA ALBERT
myfriendinfood.com

This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade,

Ingredients

Zoodles

- 4 medium zucchini
- **Zoodles with Pesto and Shrimp**
- 1 1/4 lb (.55 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2 1/2 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces



This recipe serves four. PRODUCEMADESIMPLE.CA

slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 minutes until the shrimp are pink and opaque throughout.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCE-MADESIMPLE.CA

Snack. Cheesy Zucchini Fries with Dip

1. Heat oven to 450 F. Coat a rimmed baking sheet with olive oil cooking spray.

2. In skillet over medium heat, cook panko, stirring until toasted, 3 mins. Transfer to shallow bowl and stir in the Parmesan cheese and the oil.

3. In another shallow bowl, combine flour with garlic powder, then season it with salt and pepper. In a third shallow bowl place the egg mixture.

4. Working with several zucchini sticks at once, toss in flour, shaking off excess. Add flour-coated zucchini to egg mix and toss to coat well, letting excess egg drip off. Finally, place in panko mix, tossing to make sure coated on all sides. Arrange coated sticks in single layer on prepared baking sheet.
5. Bake, turning once, until golden and tender, 8 minutes.
6. While zucchini is baking,



This recipe for serves four. [MATTHEW MEAD/ THE ASSOCIATED PRESS](http://MATTHEWMEAD/ THE ASSOCIATED PRESS)

Ingredients

- 1 cup panko bread crumbs
- 5 tbsp grated Parmesan cheese
- 2 tbsp extra-virgin olive oil
- 1/3 cup all-purpose flour
- 1 tsp garlic powder
- Salt and ground black pepper
- 1 large egg, beaten lightly with 1
- tbsp water
- 3/4 lb zucchini, peeled and cut into 16 equal sticks
- 1/4 cup light mayonnaise
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp hot smoked paprika

in bowl stir mayo, lemon juice, garlic and paprika. Season with salt and pepper. Sprinkle cooked zucchini lightly with salt and pepper. Transfer to platter and serve immediately with sauce. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



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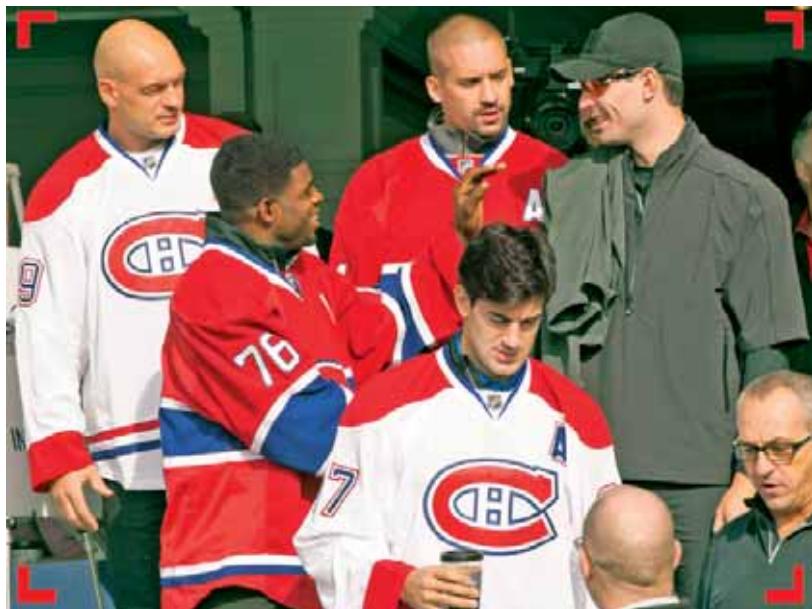
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4 SPORTS

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Tuesday, September 16, 2014

And the Habs' captain is ... these four gentlemen

Debate raged all summer over who would be the next Canadiens captain. And when the decision was announced Monday it was ... nobody.

General manager Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app to view Metro's picks for history's top NHL captains from Canadian teams.

RYAN REMIORZ/THE CANADIAN PRESS



Orioles on brink of winning AL East title

MLB. Chen helps Baltimore shut down Toronto for its eighth win in nine games

It's time for the Baltimore Orioles to put the champagne on ice.

The Orioles moved to the brink of claiming their first AL East title in 17 years, using a resilient pitching performance by Wei-Yin Chen to beat the Toronto Blue Jays 5-2 Monday night.

Baltimore can clinch the division crown with a win over Toronto on Tuesday. That

would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

"It's pretty special to come in here (Tuesday) and have a chance to do that," manager Buck Showalter said. "I've had a lot of sleepless nights for a lot of reasons, but tonight I look forward to losing that sleep. It's been a long hard grind to have that opportunity, and I'm looking forward to the chance to see our guys get a chance."

Baltimore (90-60) leads the AL East by 12 1/2 games, its biggest advantage since 1979. One more victory and the Orioles will be in celebration mode.

"We'll enjoy tonight and

On Monday

5

Orioles

2

Blue Jays

then come out tomorrow and see what happens," catcher Caleb Joseph said. "If we don't win, then go back and strap it back on and win the next day."

Chen (16-4) allowed two runs on nine hits over 5 2/3 innings to become the first Orioles lefty to win 16 games since Jimmy Key in 1997 — the year

Baltimore last won the AL East. Although he yielded at least one hit in every inning but the second, Chen improved to 13-2 in 23 starts since May 9.

Ryan Flaherty homered and Adam Jones had three hits and an RBI as the Orioles secured their eighth win in nine games.

Jose Reyes had three hits and scored twice for the Blue Jays, whose wild-card chances shrink with every defeat.

"We've got a very slim outside shot to get to the playoffs, but we're fighting every night to try to win games," manager John Gibbons said. "But yeah, from that point of view, that's frustrating." THE ASSOCIATED PRESS

NFL

Vikings reinstate Peterson after felony charge

The Minnesota Vikings have seen the details. They have seen photos of the injuries that Adrian Peterson's four-year-old son suffered at the hands of the star running back.

The Vikings brought Peterson back to the team anyway even as the public furor over the NFL's approach to addressing domestic abuse reached a fever pitch.

The Vikings reinstated Peterson on Monday, one day after he sat out a 30-7 home loss to the New England Patriots after he was charged with a felony in Texas for using a wooden switch to spank his son. Peterson, who said he was using a form of discipline his father used on him as a boy, is expected to play against the New Orleans Saints on Sunday.

THE ASSOCIATED PRESS

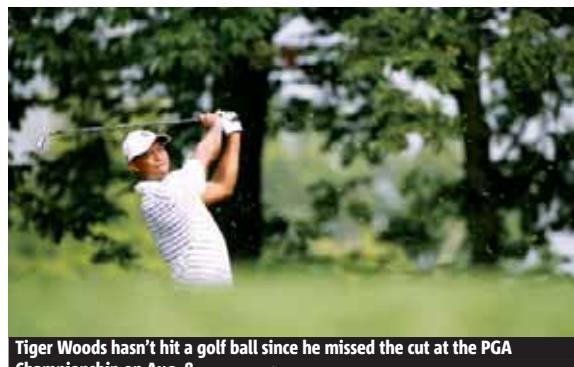
South Africa

Pistorius still free to compete after conviction

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country. THE ASSOCIATED PRESS

Woods through with first phase of comeback



Tiger Woods hasn't hit a golf ball since he missed the cut at the PGA Championship on Aug. 8. ANDY LYONS/GETTY IMAGES

Tiger Woods is too busy in the gym to find a new swing coach, or even swing a golf club.

Woods said Monday his strength has returned from "busting my butt in the gym pretty hard" and he is on schedule to resume competition in December. But he still hasn't hit a golf ball since he missed the cut at the PGA Championship on Aug. 8, and still doesn't know when he will.

"We're pretty much past the strength phase now, and I've got my strength where I

Quoted

"It's a reality, you know? We're all older. I'm nearing my 20th season on tour here coming up pretty soon."

Tiger Woods on Rory McIlroy's comment that he and Phil Mickelson are on "the last few holes" of their careers.

want to have it," Woods said at Isleworth Golf & Country Club, where he lived for the first 15 years of his pro career. "Now I

just need to get my fast twitch going and get my speed back, and that's going to take a little bit of time. That's part of our second phase of training. And that's coming up now."

Woods had his fifth surgery in 20 years — this time on his back — and failed to win a PGA Tour event for the third time in the last five years.

He said his conditioning program is similar to when he returned from reconstructive knee surgery after winning the 2008 U.S. Open, his last major title. THE ASSOCIATED PRESS

AUGMENTED REALITY



Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.

→ See the full
instructions
on Metro's
Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus

April 21 - May 21

An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini

May 22 - June 21

If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer

June 22 - July 23

If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo

July 24 - Aug. 23

A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo

Aug. 24 - Sept. 23

Remember, it's not the quantity of work you get done today that matters wbut the quality. Do just one thing really well.

♎ Libra

Sept. 24 - Oct. 23

Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio

Oct. 24 - Nov. 22

You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

♐ Sagittarius

Nov. 23 - Dec. 21

Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn

Dec. 22 - Jan. 20

Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius

Jan. 21 - Feb. 19

A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces

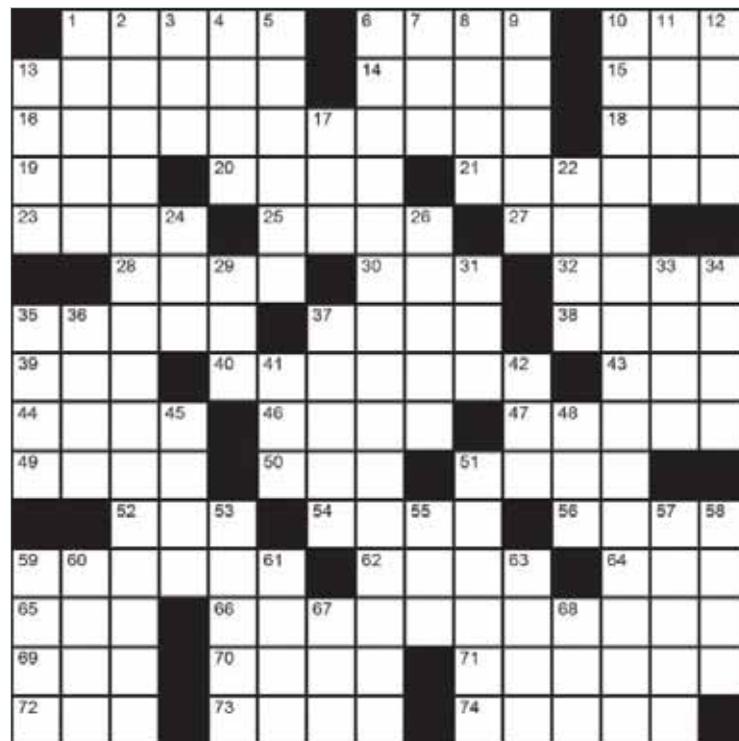
Feb. 20 - March 20

Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Mother Goose guy
- Jack
- New Brunswick's motto: __ Reduxit (Hope restored)
- Mr. Weston of "ET Canada"
- Canuck comedy duo, Kenny vs __
- Bind-er
- "Fruct" finisher
- Soldier involved in airborne operations, at times
- __ choy (Leafy vegetable)
- U.S. tax collector
- Atomic Number 30
- Saskatchewan town about 75 miles north of Swift Current
- Arcade Fire album: ' __ Bible'
- Forest denizens
- Consume
- Tandoor-baked creation
- Payer's pledge
- Baltic country [abbr.]
- "The __ I'm In" by The Band
- Antelopes of Africa
- Lingering sound
- Cyber chuckle
- Made a bubbling noise
- Viewed
- a.m.'s 'a'
- Ms. Jordan
- Piece __ (Desert helping)
- About a __" by
- Nirvana
- Timber type that's tough
- Caffeine nut
- Dhabi (UAE capital)
- Ms. Gilpin of "Frasier"
- Bank __.
- Singer Ms. Grande



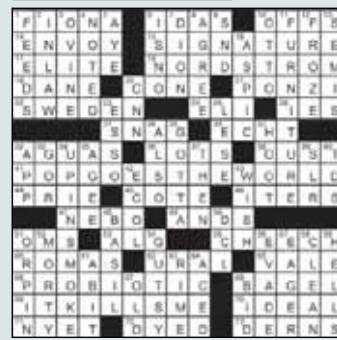
- Experimental environs
- Mer's liquid
- Ben, to Jerry
- Surveillance video: acr. + wd.
- " __ Maria"
- "It's __!" (2-2 game exclamation)
- Campfire s'nacks

- Apiece
- Particular pulses
- Ships' steerers
- Lannister ("Game of Thrones" character, on HBO Canada)
- Grocery store tasks: 2 wds.
- Backup
- Fitness motivator: 2 wds.
- Genetic letters
- Bug movie

Down

- Canada's celestial 'crane' creation: 3 wds.
- Bears, in Barcelona
- Cowardly Lion's alter ego
- Twirl
- __ trial basis
- Rattle
- Sofa sleep
- Spirits
- Concert promoter, __ Live
- Function
- Popular cuisine
- Sound (Fjordy locale on BC's coast northwest of Vancouver)
- Smelting waste
- Hagar The Horrible's daughter
- "Get"
- NFL's land
- Scooby-__
- Napoleon's exile isle
- Jacksonville's state [abbr.]
- Block/stop, informally
- Remove the pen's top
- U.K. military service
- Pens
- Calendar day, e.g. "Pronto!"
- Wander
- Entr'__ (Theatre break)
- A few
- Ms. Carrere
- Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	8	9	6	1	7	5	4	2
5	2	7	3	9	4	8	1	6
6	1	4	5	8	2	3	9	7
2	4	5	7	6	8	9	3	1
7	3	8	9	2	1	4	6	5
9	6	1	4	3	5	7	2	8
1	5	3	8	4	6	2	7	9
8	9	2	1	7	3	6	5	4
4	7	6	2	5	9	1	8	3

2	9	3	4	
3	9	6		2
7	5		9	8
9	3	1		5
7	5		4	
3	8	7		9
6	4	7		5
1	8		6	9
8	4	6	2	

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OWN IT!

\$35

WEEKLY



Rio4 SX with Navigation shown.
hwy / city 100km^a: 5.3L/7.3L

2015 RIO LX MT

OWN IT!

\$35

WEEKLY
DOWN PAYMENT

FINANCING FOR
84 MONTHS*

Offer includes a \$1,500 loan rebate^b and excludes delivery, destination, PPSA and fees. Offer based on 2015 Rio LX MT (R0541F) with a purchase price of \$12,595.

OWN IT!

\$38

WEEKLY



Rio5 SX shown.
hwy / city 100km^a: 5.3L/7.3L

2015 RIO 5-DOOR LX MT

OWN IT!

\$38

WEEKLY
DOWN PAYMENT

FINANCING FOR
84 MONTHS*

Offer includes a \$500 loan rebate^b and excludes delivery, destination, PPSA and fees. Offer based on 2015 Rio5 LX MT (R0551F) with a purchase price of \$13,995.

OWN IT!

\$40

WEEKLY



Forte SX shown.
hwy / city 100km^a: 5.3L/8.0L

2015 FORTE LX MT

OWN IT!

\$40

WEEKLY
DOWN PAYMENT

FINANCING FOR
84 MONTHS*

Offer includes a \$1,500 loan rebate^b and excludes delivery, destination, PPSA and fees. Offer based on 2015 Forte LX MT (F0541F) with a purchase price of \$14,495.

LAST
CHANCE

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"HIGHEST RANKED SMALL SUV IN INITIAL
QUALITY IN A TIE IN THE U.S."



Optima SX Turbo AT shown.^a

2014 OPTIMA

UP TO **\$5,000** CASH
BONUS*



Sportage SX AT Luxury AWD shown.^a

2014 SPORTAGE

UP TO **\$5,000** CASH
BONUS*



Rondo EX Luxury 7-seat shown.^a

2014 RONDO

UP TO **\$5,500** CASH
BONUS*

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YOU COVERED
*5-year/100,000 km
worry-free
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The Power to Surprise

Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from September 15 to 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing excludes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable), licensing, registration, insurance, and other taxes. Other lease and financing options also available. *Representative finance example: 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Forte LX MT (F0541F)/2015 Rio LX MT (R0551F) with a selling price of \$14,495/\$12,595/\$13,995 which includes a \$1,500/\$1,500/\$500 loan rebate^b and excludes delivery and destination fees of \$1,485 and \$79 PPSA. \$64 weekly payments of \$40/\$35/\$38 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$16,059/\$14,159/\$15,559. See retailer for complete details. *Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. \$7,000/\$5,000/\$5,000/\$5,500 maximum cash bonus amount only available on the 2014 Sedona EX Luxury (S075CE)/2014 Optima SX AT (O9749E)/2014 Sportage SX AT (SP758E)/2014 Rondo EX Luxury 7-seat (RN757E). *Loan rebate amounts are offered on 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on financing offer only. Offer varies by trim. Certain conditions apply. Offer ends September 30, 2014. See your dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2015 Forte LX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Rio5 SX MT (R0551F)/2014 Optima SX Turbo AT (O9748E)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury 7-seat (RN757E) is \$26,695/\$22,395/\$19,295/\$4,795/\$30,795. *Highway/city fuel consumption is based on the 2015 Rio LX+ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Rio5 EX+ECO AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study[®]. Study based on responses from 86,718 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.